

FREE Community Arthritis Classes

The **Utah Arthritis Program**, the **Arthritis Foundation**, and **TOSH–The Orthopedic Specialty Hospital** present a four-part series on osteoarthritis.

What will be covered?

- An orthopedic surgeon will present the latest in medical and surgical options related to osteoarthritis.
- A physical therapist will discuss exercise and lifestyle management options.
- A nutritionist will talk about important dietary considerations.
- A Utah Department of Health/Arthritis Foundation representative will share information on local arthritis classes and resources.

Schedule, *6:30-7:30 p.m.

Monday, May 1 — Arthritis of the knee

Tuesday, May 2 — Arthritis of the hand

Wednesday, May 3 — Arthritis of the hip

Thursday, May 4 — Arthritis of the foot/ankle

**A 30 minute question and answer session will follow each session*

LOCATION: TOSH–The Orthopedic Specialty Hospital

(The building with the glass pyramid on top)

5848 S. Fashion Blvd. (300 East)

Murray, UT 84107

For more information, call 538-9340, or visit www.health.utah.gov/arthritis



**IntermountainSM
TOSH – The Orthopedic
Specialty Hospital**



**UTAH DEPARTMENT OF HEALTH
Arthritis Program**